

Living Well

New perspectives on diabetes self-care

Lower your risk of heart disease:

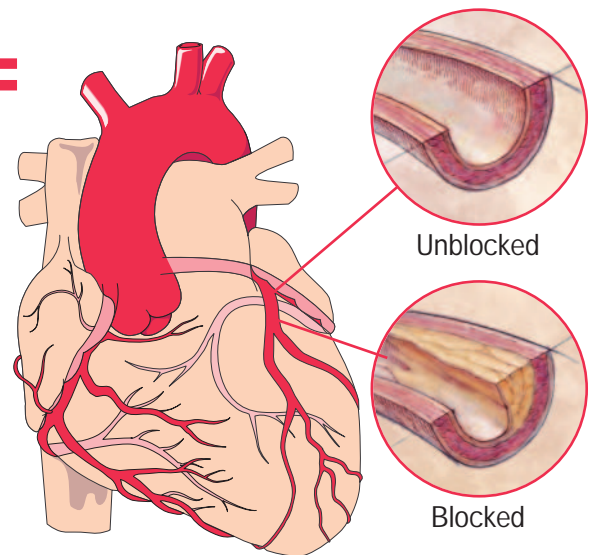
Know your diabetes ABCs

Diabetes can lead to narrowed or blocked blood vessels, which can cause:

- Narrowed or blocked blood vessels in the heart
- Heart attack
- Stroke

Heart problems can happen because of:

- High cholesterol
 - LDL is the “bad” cholesterol that builds up
 - High “triglycerides” can also be bad
- High blood pressure



Heart problems can happen when blood vessels to your heart get blocked or narrowed with a build-up of cholesterol

You may not know if you have high cholesterol or high blood pressure. Your doctor can do tests to tell you if you have these problems.

You can lower your chance of having heart problems if you control your diabetes ABCs:

A

A is for “A1C test”

Your blood sugar average for the last 2-3 months. The American Diabetes Association (ADA) says the goal is below 7%.

B

B is for “Blood pressure”

The ADA says aim to be below 130/80 mmHg.

C

C is for “Cholesterol”

The ADA says LDL cholesterol should be below 100 mg/dL and triglycerides should be below 150 mg/dL.

Talk with your doctor about your goals for your diabetes ABCs.

more on back ►

Ways you can control your diabetes ABCs

Make smart food choices

Changing what you eat can help your diabetes ABCs. Try to:

- Eat lean, not fatty, meats
- Choose low-fat or fat-free dairy products
- Eat at least 5 fruit or vegetable servings a day
- Eat less food high in cholesterol—egg yolks, meat and poultry, and dairy products
- Only use oils that can lower your cholesterol—olive oil or canola oil
- Eat fish 2 or 3 times a week
- Bake, roast, or grill food and use nonstick pans and cooking sprays
- Get more fiber
- Use less salt and sodium



Stop smoking

Talk to your doctor about how to quit smoking

Be more active

Lose—or stop gaining—weight:

- Ask your doctor about the right activity program for you
- Start slowly (5 minutes a day) and add a little at a time
- Work up to 30 minutes most days of the week



Take your medicines

- Your doctor may have you take medicines for each of your diabetes ABCs.
- You may have to take more than 1 medicine.
- You and your doctor can decide what medicine is best for you.
- Do not start or stop taking medicine without talking to your doctor first.

A1C: Do you know what your “number” is?

Is your blood sugar under control?

Testing your blood sugar lets you know how well you are managing your diabetes. Managing your diabetes well can help you avoid diabetes problems.

Testing your blood sugar at home only tells you how well you are doing at the moment you do the test. At different times, your blood sugar could be higher or lower. To know the whole story, you need an A1C test.

What is an A1C test?

An A1C is a blood test done at your doctor’s office to tell you how well you are managing your blood sugar over time. Your A1C number tells you your *average* blood sugar for 2-3 months before the test.

Under

7%

What is your “number?”

The American Diabetes Association (ADA) says that A1C should be less than 7%. Your doctor may set a different A1C goal for you and it may change over time. Ask your doctor what your A1C goal should be. Your final goal should be less than 7%.

Blood sugar can be **high** one day...



And **low** the next...

A1C is your *average* blood sugar for 2-3 months

How often should you have an A1C test?

A1C tests should be done every 3 to 6 months. Ask your doctor what your last A1C was and when you should have your next test.

Talk to your doctor about:

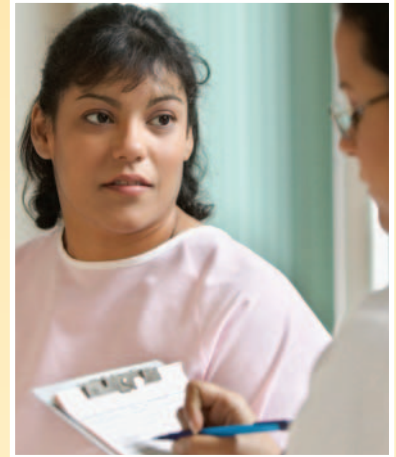
- What your A1C goal should be
- How often you should have an A1C test

Tracking your A1C

Know Your "Number!"

The American Diabetes Association (ADA) A1C goal: *Less than 7%*

- You and your doctor will set an A1C goal. This goal may change over time.
- Work with your doctor to reach a final goal less than 7%.



Get your A1C checked every 3 to 6 months*

Keep track of your A1C numbers on the chart below

- In the chart below, write down the date and your test result
- Write down when you should have your next test
- Fill in the circle on the graph closest to your test results
- Track your progress over time

My A1C goal:

Date:						
Next test:						
A1C number:	%	%	%	%	%	%
11.5%	○	○	○	○	○	○
11.0%	○	○	○	○	○	○
10.5%	○	○	○	○	○	○
10.0%	○	○	○	○	○	○
9.5%	○	○	○	○	○	○
9.0%	○	○	○	○	○	○
8.5%	○	○	○	○	○	○
8.0%	○	○	○	○	○	○
7.5%	○	○	○	○	○	○
7.0%	○	○	○	○	○	○
6.5%	○	○	○	○	○	○
6.0%	○	○	○	○	○	○

* Ask your doctor how often you should get an A1C test